

## Girl Scout spirit comes from 360°

This summer, I had a chance to work with Camp Winacka's rock climbing program, the perfect setting not only to appreciate the magnitude of our San Diego Mountains, but to stand on top of a peak and see a 360° view of the surrounding area: lakes, rolling hills, meadows, drifting clouds, and groves of trees. On our lunch break, a couple of girls hiked to the top, where I was checking the climbing anchors. They wanted to take in the view and chat about life, school, and Girl Scouts. As we talked they became very animated about their recent bridging to Cadettes and how they looked forward to their August troop meeting, where their leader had assured them they would be responsible for planning troop activities.



What was their favorite part of Girl Scouting? "Look at us right now. I bet there aren't many girls at my school who get to sit on top of the world and talk and eat lunch and just be themselves. My troop leader taught me that, you know; in Girl Scouts we can always be ourselves."

What an inspiring, teachable moment! Having the opportunity to once again experience the natural wisdom of the girls we serve; to hear the strength of the troop leader's message passed onto the girls. What rang truest for me was the joint responsibility of all adult leadership—whether it be staff members or volunteers—to share a consistent message in Girl Scouting. From the ethical traditions of the Promise and the Law to the role modeling of positive behaviors through girl planning and appropriate progression, we must wrap the Girl Scout spirit all around our girls to provide an encouraging growth experience from every angle.

As partners on this incredible journey, we have an opportunity, as the 2007 membership year begins, to lay a strong foundation together. While each girl shapes her own experience, we can construct a solid framework of cooperation, positive leadership, and communication. Each girl should be able to stand on her own mountain top and see the magnitude of Girl Scout leadership all around her.

I look forward to traveling the journey with all of you.

Kathy Quinney "Bonzi"  
Outdoor Education Manager

## Talk It Up!

by Jody Sims, C.Y.S.A.

*"I close my eyes and see the shot. I look at the ball and see the type of shot I have in my mind. I see it fly and I see it land. It's a way of seeing the result before you do it. I visualize the end result."* – Anika Sorenstam, Hall of Fame Golf Champion

## What Do You Believe?

I've been thinking a lot lately about positive thinking. It must be time for me to reread Dr. Norman Vincent Peale's best-seller, *The Power of Positive Thinking*. In his book, which he wrote in 1952, Peale tells us that we become what we believe we are. We're the products of our belief. If you believe in success, then you will succeed. How can you teach this concept to girls?

Here's an activity to try at your next troop meeting. Ask the girls to look around the room. After a few seconds, remind them that you didn't give them specific instructions on what to look for. Now tell them to look around the room again, but this time to look for everything with the color blue in it. After a few seconds, ask them to notice how their eyes were drawn to the color blue and how the room that they just scanned over took on a whole new look. Explain to them that the same thing works for our lives. We notice things more because we've given ourselves instructions to notice things. Did they also notice that when they looked for the color blue that they didn't see the colors red, yellow, or orange? Our intensity focus blocked out the other colors. They were there, but we just didn't see them.

If you believe you are a success, you will look and find it everywhere.

What are the traits of successful people? They have drive and a belief in themselves. They're confident. They seem to have the Midas touch. But instead of trying to emulate the qualities that made them successful, we sometimes assume that "They must know someone" or "They were lucky." We forget that they worked hard to get where they are today. We didn't see their struggles. We just see the end result, and we want what they have, NOW.

Success is not just for the lucky. It's for those who want it. There's no mystery to the process. The first step is to believe that success is within your reach. How can you become a believer? Sit down with a piece of paper in front of you. Write without editing your words. Create your ideal life. Create a picture you can look at every day. What does your picture look like? Does it inspire you? Does it bring excitement into your mind? Belief comes from within. You just have to dig it out every once in a while.

Positive thinking is contagious. People around you pick up on your mental moods and are affected accordingly. Think about happiness, good health, and success, and you'll cause people to like you and want to help you, because they enjoy the vibrations that a positive mind emits.

*Talk it up!*

# Volunteer Highlight

Bringing smiles to girls and volunteers – that’s what Char Whidbee does best, and that’s why she’s this month’s volunteer highlight.

Char didn’t have the chance to be a Girl Scout as a child, but she’s sure making up for lost time! Char has co-lead Junior Troop 3720 since the girls were Daisies and has acted as her service unit’s recognitions chair for the past four years. This year she’ll leave that position and take on the role of communications director, which includes creating and distributing the service unit newsletter.



A cookie-selling neighborhood Girl Scout helped Char become a troop leader. During the annual cookie sale, Girl Scouts visited the Whidbee home, and Char bought cookies from all the girls as she did every year. When she told an older Girl Scout she wanted to buy more cookies later, the Girl Scout told Char she wasn’t sure that was possible; they were having trouble getting leaders. This comment inspired Char. With time to spare, Char contacted the council office and signed up to be a leader.

Five years later, Char is still working with girls and her fellow University City Service Unit volunteers. The Girl Scout memory that stands out most for her involves a first-time overnight camping experience. “We slept on gravel! Char reports, “We didn’t realize the campsite was for campers, so we had to park in the gravel and sleep on it with our tents. The girls had such a great time and never once complained about the gravel. I still remember seeing their dunk bags tied to a rope that was tied to cars. It was the cutest thing.”

Parents often tell Char how impressed they are by their daughters’ developing skills: their proficiency at tying ropes, dealing with the outdoors, and how adaptive they’ve become.

When asked why she continues with Girl Scouts, Char responds, “I love it! I get so much gratification seeing the girls enjoy it. They experience things they may not have had the opportunity to explore. I’m so proud to be part of it.”

Part of the reason Char loves Girl Scouts is due to her co-leader, Jane Sroka, who’s been helping Char with the troop since the beginning. Jane has a daughter in the troop, which helps the co-leaders maintain relevant activities for the girls.

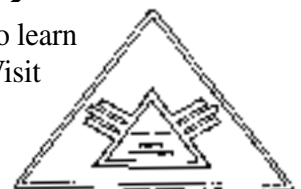
Char’s involvement in Girl Scouts is echoed by her family. Warren, her husband of 13 years, supports Char’s efforts and adores the troop’s girls.

Many thanks to Char and the Whidbee family for dedicating time and effort to their Girl Scout family!



## Celebrate Thanksgiving by earning the Native American Try-It

Girl Scouts, San Diego-Imperial Council has a Council’s Own Try-It for Brownie Girl Scouts to learn about Native Americans. Explore another culture with stories, games, food, crafts, and dance. Visit one of the many local museums and share the rich history of the San Diego Native American communities. Live the Girl Scout Law and learn to respect others by honoring our country’s original inhabitants.



Program information and requirements are available online and in the council resource centers. Try-It is available for purchase in the council stores.

## Prudential Spirit of Community Awards

The Prudential Spirit of Community Awards honors young people in middle and high school grades for outstanding volunteer service to their communities. Created in 1995 by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP), the awards constitute the United States' largest youth recognition program based solely on volunteering. Over the past 11 years, the program has honored more than 70,000 young volunteers at the local, state, and national level.

**Who is eligible?** Any young person who:

- .....is in grades 5–12 as of the last weekday in October during the applying year, in any state or the District of Columbia.
- .....has engaged in a volunteer activity that occurred at least partly during the 12 months prior to the date of application.

The search is on to find our top youth volunteer! If you are selected, you could receive \$1,000, an impressive silver medallion, and a trip to Washington, D.C., next May. If you feel you've made a positive difference through a volunteer activity during the past year, please contact Program Specialist Rea de la Cruz at (619) 610-0739 or [rdelacruz@girlscoutssdi.org](mailto:rdelacruz@girlscoutssdi.org) for an application. Applications are due October 31, 2006, to Girl Scouts, San Diego-Imperial Council.

*(Employees of NASSP, Prudential, or any of its affiliates, and any firm involved in the program, their children, and previous national honorees are not eligible. Previous state honorees are eligible only if their submitted activities are significantly different from previously honored activities.)*

## Volunteer recognitions demonstrate distinction

Distinction: *pron: di-'sti[ng](k)-sh&n;* special honor or recognition; an accomplishment that sets one apart.

Distinction describes so many of the volunteers dedicated to fulfilling their duties in special assignments or as troop leaders and service unit team members. As we watch Girl Scout volunteers' serving girls or supporting fellow volunteers, we're inspired by their passion, dedication, and commitment. What better way to demonstrate that appreciation than to recognize these volunteers with the Award of Distinction Pin.

The pin comes in three colors: white for service unit manager, yellow for leader/assistant leader, and red for service unit team member. For each successive year that the award is received, a gold bell-shaped attachment denoting the year is added to the pin.

Numerous Girl Scout positions honor volunteers with Awards of Distinction Pins:

- Troop Leader/Assistant Leader
- Service Unit Manager
- Service Unit Troop Organizer
- Service Unit Troop Consultant
- Service Unit Activity Consultant
- Service Unit Recognitions Chairperson
- Service Unit Registrar
- Service Unit Treasurer
- Service Unit Cookie Sale Coordinator
- Service Unit Member with Special Assignment



End-of-year service unit meetings make an ideal setting for first-year Award of Distinction Pins. To honor someone at the year-end celebration, contact your service unit recognitions chair, your volunteer service coordinator, or the Volunteer Development Department at (619) 298-8391.



# The President's Volunteer Service Award Honoring Americans Who Make a Difference by Volunteering

Every day, millions of Americans volunteer, using their time, talents, and compassion to make a difference in the lives of others. By mentoring a child, caring for an elderly neighbor, teaching someone to read, or bringing food and clothes to those who need them, Americans are helping to foster a culture of service, citizenship, and responsibility for generations to come. It is through these acts of kindness and decency that we are able to demonstrate the true character and compassion of our country.

Recognizing and honoring volunteers sets a standard for service. It encourages a sustained commitment to civic participation and inspires others to make volunteering a central part of their lives. The President's Volunteer Service Award is a Presidential recognition program for Americans of all ages who contribute a significant amount of time to volunteer service. The program recognizes individuals, families, and groups that have achieved a certain standard – measured by the number of hours served over a 12-month period.

What do awardees receive?

- An official President's Volunteer Service Award pin
- A personalized certificate of achievement
- A note of congratulations from the President of the United States
- A letter from the President's Council on Service and Civic Participation

To get started:

- Check out [www.presidentialserviceawards.org](http://www.presidentialserviceawards.org). If you need information mailed, contact Program Specialist Rea de la Cruz at (619) 610-0739.
- Determine which award level you have earned based on your age.
- Have your leader or parent send a signed letter verifying the number of hours you have earned and send it to: Girl Scouts, San Diego-Imperial Council, Attn: Rea de la Cruz, Program Specialist, 1231 Upas Street, San Diego, CA 92103.

As a certifying organization, Girl Scouts, San Diego-Imperial Council will verify that the volunteer has completed the number of service hours required to earn a President's Volunteer Service Award and nominate the volunteer.

For more information, please contact Program Specialist Rea de la Cruz at (619) 610-0739 or at [rdelacruz@girlscoutssdi.org](mailto:rdelacruz@girlscoutssdi.org).

## Community Service Activities

Many times Girl Scouts are called upon to volunteer their time and energy in a variety of ways to help their communities. We need your help in tracking the amount of community service that Girl Scouts commit to throughout the year.

We want to tally the number of girls who participate in community service activities, the number of hours put forth into these activities, what types of community service they do, and for whom the girls volunteered. Leaders and independent girls can fill out the Community Service Activities form after completion of community service.

The form is available in the resource centers or you may download one at [www.girlscoutssdi.org](http://www.girlscoutssdi.org) under "Forms." Please submit these forms by November 1, 2006, for any service activities completed in the year 2006. If you have any questions, contact Program Specialist Rea de la Cruz at (619) 610-0739 or [rdelacruz@girlscoutssdi.org](mailto:rdelacruz@girlscoutssdi.org).



## Juliette Low World Friendship Fund

The Juliette Low World Friendship Fund helps extend Girl Scouting and Girl Guiding to many parts of the world. The fund supports programs that foster international friendships among Girl Scouts from 145 nations. Donations support participation in training and international events.

Girl Scouts of the USA also contributes through the Juliette Low World Friendship Fund to the World Thinking Day Fund, which supports efforts to encourage the development of Girl Scouting/Girl Guiding in new countries.

The Juliette Low World Friendship Fund was started in 1927, the year Juliette Low died, to honor her dream of spreading Girl Scouting around the world. Juliette Low traveled to many places and believed that by spreading goodwill and friendship among children from different nations, those children could bring about world peace.

### How Do I Give?

Anyone can give to the Juliette Low World Friendship Fund. Donations may be sent anytime of the year, but popular times are World Thinking Day (February 22), Juliette Low's birthday (October 31), and during Girl Scout Week (the week that includes March 12).

### GSUSA Council Challenge

GSUSA is challenging all councils to have their members donate at least 50 cents per member to the Juliette Low World Friendship Fund (JLWFF) by June 30, 2007.

Please note that troop donations to the Juliette Low World Friendship Fund should be made payable and sent directly to Girl Scouts, San Diego-Imperial Council. Include a note stating the leader or parent's address, troop number, and phone number. On the memo line of the troop check, write "Juliette Low World Friendship Fund."

### Strength in Sharing Philanthropy Patch

Girls can earn the Strength in Sharing Philanthropy Patch by giving to the fund. The patch helps girls learn about giving and encourages philanthropy at every age level. Find more information about Juliette Low World Friendship Fund Patch activities in the book, *Strength in Sharing: Philanthropy in Girl Scouting*. (pages 3 and 8).

## Adult Technology Goddesses Workshop November 16, 2006

Adults with an interest in learning more about computers and relevant applications are invited to attend this "grown-up" version of the popular Technology Goddesses program. Topics and hands-on learning will include PowerPoint and Excel, plus a question and answer period concerning other technology-related subjects. Come meet some new friends and walk away a Technology Goddess!

**Age:** Adults  
**Fee:** \$10  
**Date:** November 16, 2006  
**Times:** 7-9 p.m.  
**Location:** North Coastal Service Center  
**Deadline:** Friday, October 27



Space is limited to 20 participants; registration is on a first-come, first-served basis. Registration and fees are due by Friday, October 27. For questions or to register, please contact Cora Carmody at [cora@technology-goddesses.org](mailto:cora@technology-goddesses.org).

# Celebrate a lifetime of giving to girls

## Consider a planned gift to our council



For information about how to

### **Make a Lasting Gift to Girl Scouting,**

please call

Marni Hayman, CFRE

Assoc. Director of Gift Planning

(619) 610-0801

[mhayman@girlscoutssdi.org](mailto:mhayman@girlscoutssdi.org)

You spend your lifetime being a friend to every girl. Whether you organize troop activities, volunteer for Try-It activities, or help with camp outings, you dedicate a big part of yourself to Girl Scouting.

A gift to Girl Scouting through a planned gift celebrates your life-long commitment to girls. There are many ways to make a planned gift without giving up current income. One is to make a planned gift that takes place after your lifetime. A planned gift can include designating Girl Scouts, San Diego-Imperial Council as a beneficiary of a life insurance policy, will, living trust, or as a beneficiary on a savings account or retirement account.

A planned gift allows you to be recognized as a contributor to Girl Scouts and entitles you to all the benefits of our planned giving club, the Footprints Society.

Join the Footprints Society and make a lasting gift to girls.

[www.girlscoutssdi.org/footprints](http://www.girlscoutssdi.org/footprints)



## **Volunteer! Be a SHARE coordinator!** **It's easy — your job is simply to talk with friends, parents, and leaders.**

We give you the tools to explain why giving to Girl Scouts' SHARE Campaign is important — because your gift supplements the actual cost of one year of Girl Scouting for one girl: \$243!

So help your girl, your troop, and Girl Scouts! Contact Fund Development Associate Megan Lim at (619) 610-0758 or [mlim@girlscoutssdi.org](mailto:mlim@girlscoutssdi.org) and be a SHARE Coordinator.

# STEP it UP!

## COOKIE KICK-OFF 2007

### **Brownie and Junior Girl Scouts!**

Step on over to the 2007 Cookie Kick-Off at SeaWorld on Sunday, January 14, 2007, from 7-8:30 p.m.! Feel the cookie energy as you receive selling tips, cookie facts, and join other Girl Scouts in a night of pure FUN. Of course, what would SeaWorld be without Shamu making some waves? Wear your decorated jeans and let your Girl Scout spirit sparkle through!



For more information, contact Program Specialist Rea de la Cruz at (619) 610-0739 or at [rdelacruz@girlscoutssdi.org](mailto:rdelacruz@girlscoutssdi.org). For registration questions, please contact Yolanda Peraza at (619) 610-0785.



### **Cadette and Senior Girl Scouts!**

A party at SeaWorld just for you! Your fun runs from 5-6:30 p.m. at SeaWorld's Adventure Camp Facility. Surround yourself with your sister Girl Scouts under the stars, where you'll enjoy music, dancing, karaoke, and refreshments to pump you up for the cookie show at Shamu Stadium starting at 7 p.m. Girls, bring your leaders to this soiree! We've got something special for them, too! For more information, contact Program Specialist Leah McFail at (619) 610-0714 or [lmcfail@girlscoutssdi.org](mailto:lmcfail@girlscoutssdi.org).



Register now! The cost is \$6 per person. Registration forms are due by Friday, December 8. Placement will be held and notification will go out on Friday, December 15. No refunds once your troop is placed. Confirmation packets will be mailed after Tuesday, January 2, 2007. Event will be held rain or shine. Opportunity funds are available to girls needing assistance.





# 2007 COOKIE KICK-OFF

Sunday, January 14, 2007  
Registration deadline: Friday, December 8



## Registration is for:

☐ Brownie and Junior at Shamu Stadium  
☐ Cadette and Senior at Adventure Camp.  
You'll also attend the show at Shamu Stadium.

**My daughter has permission  
to have photos taken for  
public relations purposes.**

☐ YES ☐ NO

I am a \_\_\_\_\_ troop leader and will attend with my troop.  
I am a \_\_\_\_\_ registered Girl Scout attending with an adult.

Name (leader or registered Girl Scout) \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ e-mail \_\_\_\_\_

Phone (day)(\_\_\_\_) \_\_\_\_\_ (night) (\_\_\_\_) \_\_\_\_\_

Troop # \_\_\_\_\_ Service Unit \_\_\_\_\_

Please circle age level: Brownie Junior Cadette Senior

Signature of parent/leader \_\_\_\_\_

Total # of participants \_\_\_\_\_ x \$6 (per person) = \$ \_\_\_\_\_

*We will not be able to accommodate tagalongs or family members at this event.*

I am requesting financial assistance in the amount of \$ \_\_\_\_\_ Total amount enclosed \$ \_\_\_\_\_

**No refunds once registration has been received and your troop has been placed.**

1231 Upas Street • San Diego, CA 92103

Or fax to: 619-298-2031

If paying by credit card, complete the following:

☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Credit card number \_\_\_\_\_ Exp. date \_\_\_\_\_

Print name \_\_\_\_\_ Amount to be charged \$ \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail payment and completed form to: Cookie Kick Off 2007

Girl Scouts, San Diego-Imperial Council, Inc.

1231 Upas St., San Diego, CA 92103-5199

or fax: (619) 298-2031

6259-079-734



# Technology Goddesses Program Weekend December 2-3

Cadettes and Seniors with an interest in computer technology can earn two Interest Patches in one weekend during this fast-paced, interactive overnight event. Participants will fulfill all the requirements for the GSUSA Graphic Design IP, in addition to the new council's own Web Design IP. There will be hands-on instruction from a professional in the technology field, in addition to career discussions, fun activities, and a fabulous sleepover party.

**Age:** Cadette and Senior Girl Scouts  
**Date/time:** Saturday, December 2, 10 a.m. through Sunday, December 3, 4 p.m.  
**Cost:** \$60 per girl, 20 girls maximum  
**Location:** Escondido Program Center  
**Deadline:** Tuesday, November 14

Space is limited to 20 participants; registration is on a first-come, first-served basis. Registration and fees are due by **Tuesday, November 14**. For registration questions, call Yolanda Peraza at (619) 610-0785. For program questions, call Leah McFail at (619) 610-0714.

No refunds will be issued once registrations have been received and participants have been placed.



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## Technology Goddesses Program Weekend Registration due Tuesday, November 14

Name \_\_\_\_\_  
Mailing address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_  
E-mail \_\_\_\_\_ Troop # \_\_\_\_\_  
Signature of parent \_\_\_\_\_  
Special needs? (dietary/physical) \_\_\_\_\_  
T-shirt size \_\_\_\_\_  
Please mark appropriate program age level:  
\_\_\_\_ Cadette \_\_\_\_ Senior registering for the program weekend. Fee \$60  
I am requesting financial assistance in the amount of \$ \_\_\_\_\_  
Total amount enclosed \$ \_\_\_\_\_



If paying by credit card, complete the following:

☐ Visa ☐ MasterCard ☐ Discover ☐ American Express  
Credit card number \_\_\_\_\_ Exp. date \_\_\_\_\_  
Print name \_\_\_\_\_ Amount to be charged \$ \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Make checks payable to Girl Scouts and mail with registration form to:

Technology Goddesses; Girl Scouts, San Diego-Imperial Council, Inc.  
1231 Upas St., San Diego, CA 92103-5199 or fax to: (619) 298-2031



6259-078-655



# Disabilities Awareness Day

Balboa Program Center

Saturday, November 4

Come participate in hands-on activities related to physical and mental disabilities, including deafness, blindness, and motor disabilities. We all have different abilities, yet everyone needs love, friendship and acceptance; let's learn about various agencies in San Diego that serve disabled populations and discover what you can do to get involved in your community! Not only will this be a fun and interactive day, but you'll earn your Disability Awareness Patch and can help Girl Scouts with disabilities by becoming a "Ready Troop."

**Date:** Saturday, November 4

**Time:** 9:30 a.m. - 12:30 p.m.

**Location:** Balboa Service Center, Florence Burnham Hall

**Who:** Brownie and Junior Girl Scouts

**Fee:** \$6 per girl, includes patch (adults are free)

**Registration forms due Tuesday, October 17.** No refunds once registration has been received. Register early; space is limited to 100 participants. Placement is on a first-come, first-served basis.

For program questions call Leah McFail at (619) 610-0714 or [lmcfail@girlscoutssdi.org](mailto:lmcfail@girlscoutssdi.org); for registration questions call Yolanda Peraza at (619) 610-0785.

## Disabilities Awareness Day

Saturday, November 4

Registration deadline: Tuesday, October 17



Leader's name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

Individual Girl \_\_\_\_ Yes \_\_\_\_ No Troop/Group # \_\_\_\_\_

Program age level \_\_\_\_\_ Service Unit \_\_\_\_\_

Total # of girl participants \_\_\_\_\_ x \$6 (per girl) = \$ \_\_\_\_\_ # adults \_\_\_\_\_

Financial assistance \_\_\_\_ Amount requested \$ \_\_\_\_\_ Total amount enclosed \$ \_\_\_\_\_

My daughter has permission  
to have photos taken for  
public relations purposes.  
☐ Yes ☐ No

If paying fee by credit card, complete the following. ☐ Visa ☐ MasterCard ☐ Discover Card ☐ American Express

Credit card number \_\_\_\_\_ Expiration date \_\_\_\_\_

Please print name \_\_\_\_\_

Amount to be charged \$ \_\_\_\_\_ Signature \_\_\_\_\_

Mail payment and completed form to:

Girl Scouts, San Diego-Imperial Council, Inc. - Disability Awareness  
1231 Upas Street, San Diego, CA 92103-5199  
or fax: (619) 298-2031

6259-078-784

Council Program Events

## Service Hours Opportunity

### Disabilities Awareness Day Saturday, November 4

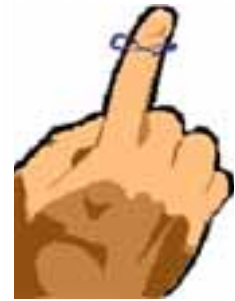
Do you have a few hours on a Saturday morning to assist your younger Girl Scout sisters? You'll help them experience what it's like to rely on a guide dog or live with dyslexia or blindness while learning about the various organizations that help people with disabilities.



The time commitment is from about 8:45 a.m.-12:30 p.m., on Saturday, November 4. Please call Leah McFail at (619) 610-0714 if you're interested in lending a hand while earning service hours!

### Destinations 2007

Don't forget! Destinations applications and reference forms are due to council on Tuesday, November 1. If you have any questions, please contact Program Specialist Rea de la Cruz at (619) 610-0739 or [rdelacruz@girlscoutssdi.org](mailto:rdelacruz@girlscoutssdi.org).



The list of Destinations and application can be found at: [www.studio2b.org](http://www.studio2b.org).

### Service Hours



Won't you like to earn service hours by helping children learn to read? Help is needed Tuesday and Thursday evenings, from September 25—November 16. Training and material provided. This program is run by a faith-based organization. For more information or to sign up, contact Shirley Pierce at (619) 501-3937 or (619) 820-2699.





# Take the survey and find out what You Can Be!

It's been another long week at school, and it's finally Friday afternoon. What are your plans for the weekend?

- a) Writing in my journal.
- b) Romance! Or at least thinking about romance.
- c) Heading to the beach and doing something crazy with my friends.
- d) Shopping, shopping, and then maybe some shopping.

Your troop needs to decide what to do with your cookie money. How do you propose spending it?

- a) Saving for a trip to PAX Lodge, Our Chalet, Sangam or Our Cabana. Can't wait to meet some Girl Guides and trade international swaps.
- b) Taking a cruise. Maybe you'll meet your true love on board.
- c) Going on the Ultimate Adventure Weekend—rock climbing, backpacking, mountain biking, and kayaking. Nothing is too adventurous for you.
- d) Going to LA, checking out Rodeo Drive, having dinner at the Ivy, attending a Hollywood premiere, staying at The Beverly Hills Hotel.

If you were an animal, you'd be:

- a) A dolphin: They are very intelligent and work well in groups.
- b) A butterfly: Flying from flower to flower, grabbing the nectar of life.
- c) A mountain lion: Brave, strong, leading and protecting the den.
- d) A zebra: A dazzle of regal and beautiful zebras. How fitting!

When my friends describe me they say I am:

- a) Laid-back, fun, sweet, a good friend that can always be counted on to help or listen.
- b) Upbeat, wacky, passionate, a free spirit who always has great ideas.
- c) Uninhibited, kick-butt, hyper, wild and not afraid of anything.
- d) Poised, diva, edgy, a trendsetter, always knows what's hot.

**Mostly a:** You are a traditionalist; you live the Promise and the Law. Girl Scouts has given you the confidence to know where you are headed and the strength to stand up for your choices. **You Can Be** will help you determine how to best use your abilities to reach the career you desire.

**Mostly b:** You are a dreamer who keeps her options open. You're not ready to commit to a career until you find your passion. **You Can Be** can help you understand the realities of many careers and help you explore which path might light your fire.

**Mostly c:** You are an adventurer who chooses her own way. **You Can Be** will help you blaze the trail to your future by exploring career paths with the same determination and endurance you've shown elsewhere.

**Mostly d:** You have many talents and high aspirations and enjoy setting the pace for those around you. **You Can Be** can help you discover a career where you can use your leadership skills to the max!

**You Can Be** anything you dream.... so why not attend the career workshop that interests you most, and learn how to turn dreams into realities.

Coming soon: *November*—You Can Be .... A Writer,

*December*—You Can Be.....A Vet at the San Diego Zoo!

Check Teen Corner every month for the upcoming You Can Be... workshop being offered.



## "YOU CAN BE..." A WRITER

Do you have your own blog? Is composing online fiction your passion? Is your idea of heaven being able to publish your stories for others to enjoy?

Then **YOU CAN BE... a Writer** is designed for you. Come and meet women who are successfully using their skills and making their dreams into reality. Tour the *North County Times* newsroom and press area. See reporters in action and newspapers being printed. Then head to the Escondido Program Center to become a publisher and create your own 'zine (zines—pronounced "zeen," from fanzines—are cut-and-paste, self-published magazines). Learn how to take your great imagination and literary skills to the next level.

Workshops can count towards the Gold and Silver Career Awards, and *Books or Writing for Real* IP requirements. For program questions, contact Program Specialist Robin Lemon at (619) 610-0747 or [rlemon@girlscoutssdi.org](mailto:rlemon@girlscoutssdi.org). For registration questions, call Yolanda Peraza at (619) 610-0785. Space is limited, so register today!

**DATE:** Friday, November 10

**TIME:** 10 a.m.-2 p.m.

**LOCATION:** North County Times, 207 East Pennsylvania Street  
Escondido, CA 92025

**ENDING LOCATION:** Escondido Program Center

**AGE LEVEL:** Cadette and Senior Girl Scouts

**REGISTRATION DEADLINE:** Tuesday, October 17

**FEE:** \$6

*Cancellations after your payment has been processed are non-refundable.*

## YOU CAN BE... A WRITER

Friday, November 10

Registration deadline: Tuesday, October 17

Name (registered Girl Scout) \_\_\_\_\_ Troop # \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ E-mail \_\_\_\_\_

Phone (day) (\_\_\_\_) \_\_\_\_\_ (evening) (\_\_\_\_) \_\_\_\_\_

Signature of parent/leader \_\_\_\_\_

*My daughter has permission  
to have photos taken for  
public relations purposes.*

☐ YES ☐ NO

If paying by credit card, complete the following:

( ) Visa ( ) MasterCard ( ) Discover ( ) American Express

Credit card number \_\_\_\_\_ Exp. date \_\_\_\_\_

Print name \_\_\_\_\_ Amount to be charged \$ \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Make checks payable to Girl Scouts and mail with registration form to You Can Be Workshops, 1231 Upas St., San Diego, CA 92103-5199 or fax to (619) 298-2031

Key code 6259-078-729

## YOU CAN BE... A VET AT THE SAN DIEGO ZOO

Think being a veterinarian is for you? Of the 2,150 four-year colleges and universities in the U.S., 125 offer medical degrees, 28 offer veterinary degrees. These schools admit approximately 2,500 students into the Doctor of Veterinary Medicine program each year. Learn how you can be one of them.

**YOU CAN BE...** a Vet at the San Diego Zoo is designed to help you learn what steps you need to take to reach your goal of becoming a Veterinarian. Tour the Zoo's back areas and see what is involved in caring for animals. Learn about animal nutrition. Hear from a Veterinarian and a Veterinary Technician and get started preparing for your future.

Workshops can count towards the Gold and Silver Career Awards or Pets IP requirements. For program questions, contact Program Specialist Robin Lemon at (619) 610-0747 or rlemon@girlscoutssdi.org. For registration questions, call Yolanda Peraza at (619) 610-0785. Space is limited, so register today!

**DATE:** Saturday, December 9, 2006

**TIME:** 9 a.m.-12:30 p.m.

**LOCATION:** San Diego Zoo  
2920 Zoo Drive, San Diego, CA 92101

**AGE LEVEL:** Cadette and Senior Girl Scouts

**REGISTRATION DEADLINE:** Friday, November 17

**FEES:** \$25 (registration is on a first-come, first-served basis)

*Cancellations after your payment has been processed are non-refundable.*

## YOU CAN BE... A VET AT THE SAN DIEGO ZOO

Saturday, December 9

Registration deadline: November 17

*My daughter has permission  
to have photos taken for  
public relations purposes.*

☐ YES ☐ NO

Name (registered Girl Scout) \_\_\_\_\_ Troop # \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ e-mail \_\_\_\_\_

Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_

If paying by credit card, complete the following: ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Credit card number \_\_\_\_\_ Exp. date \_\_\_\_\_

Print name \_\_\_\_\_ Amount to be charged \$ \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Make checks payable to Girl Scouts and mail with registration form to:  
You Can Be Workshops, 1231 Upas St., San Diego, CA 92103-5199  
Or fax to (619) 298-2031

Key code 6259-078-729

Teen Corner

## Above Boards Fine Arts Studio

AB Fine Arts Studio offers several different art classes for troop meetings! Girls can choose from a variety of classes that meet *Try-It* and badge requirements. Classes can be taken at the art studio, or AB Fine Arts can bring a class to your next troop meeting. Call today to schedule your troop's exciting art experience or check their website [www.aboveboardsco.com](http://www.aboveboardsco.com) for more information.

**Age level:** 3–18 years  
**Fee:** \$6 per girl and up  
**Dates:** Monday-Sunday, by appointment  
**Location:** 4093 Oceanside Blvd Ste. G, Oceanside, CA 92056  
**Contact:** Kristin or Susan at (760) 643-9400 or [aboveboards@sbcglobal.net](mailto:aboveboards@sbcglobal.net)

## Amazing Science Thanksgiving Assembly

Join Amazing Scientist Gina Brown, her assistants Mollie and Michael Molecule, and a memorable Girl Scout character for a very special Thanksgiving workshop. This workshop features 10 optical illusion and chemical reaction demonstrations. Girls see a volcano erupt, play with dry ice bubbles, get blasted with air and so much more! So let Amazing Science amaze you today!

This one-hour workshop is very high energy and interactive. Volunteer participation is required from the girls and parent/troop leaders. The workshop meets general science badge requirements (Physical Science or Chemistry), badges not included.

**Age level:** All  
**Fee:** \$7 per girl (parents/troop leaders)  
**Location:** Balboa Service Center, Florence Burnham Hall, Large  
**Date:** Wednesday November 15  
**Time:** 7-8 p.m.  
**Contact:** Gina Brown (858) 592-MOLL (6655) or [molliemail1@aol.com](mailto:molliemail1@aol.com) or [www.amazingscience.org](http://www.amazingscience.org).

## Neisha's Dance Academy

Junior Girl Scouts can earn the Dance Badge and Brownie Girl Scouts can earn the Dancercise Try-It at Neisha's Dance Academy! Their custom dance class fulfills the badge and Try-It requirements. Troop leaders, please call or visit their location in Eastlake to book your class.

**Age level:** Brownie and Junior Girl Scouts  
**Fee:** \$5 per girl, minimum 8 girls. Combining troops is okay  
**Dates/times:** Weeknights and Saturdays  
**Location:** Neisha's Dance Academy, 870 Jetty Lane, Eastlake, Chula Vista  
**Contact:** Neisha's Dance Academy at (619) 585-1183 or [Info@Neishas.com](mailto:Info@Neishas.com)  
**Other:** [www.neishasdanceacademy.com](http://www.neishasdanceacademy.com)

## Animal House

**Save the date!** Move and groove with captivating creatures in this Animal House camp-in! This overnight adventure helps girls discover local animals past and present, explore the animals' favorite habitat hang-outs, and find out how all life is interconnected.

**Age level:** Brownie Girl Scouts  
**Fee:** \$35 per girl; \$20 per leader  
**Dates:** January 12–13, 2007. Mandatory training for first-time leaders Tuesday January 2, 2007; 6:30–7:30 p.m.  
**Location:** San Diego Natural History Museum, Balboa Park  
**Contact:** For more information or to register, visit [www.sdnhm.org/scouts](http://www.sdnhm.org/scouts) or call (619) 255-0210  
**Other:** Completes requirements for Animals Try-It. A ratio of one adult per eight girls is required. Each additional adult must pay \$6. Girl Scouts must stay with troop leaders at all times.

## Plants Try-It

What do plants have to do with our life? Everything: we eat, breathe, and use plants in various ways every day. Join us for a fun afternoon of experiments, observation, and discovery.

**Age level:** Brownie Girl Scouts  
**Fee:** \$12 per girl  
**Dates:** Saturdays, October 2006–May 2007; 1–3 p.m.  
**Location:** San Diego Natural History Museum, Balboa Park  
**Contact:** For more information or to register, visit [www.sdnhm.org/scouts](http://www.sdnhm.org/scouts) or call (619) 255-0210  
**Other:** A ratio of one adult per eight scouts is required. Each additional adult must pay \$6. Girl Scouts must stay with troop leaders at all times.



## Wildlife Badge

From a dandelion growing in the crack of a sidewalk to the blue whale that calls the ocean its home, wildlife is found in every niche of the world! Learn to observe the living things around you and discover the ins and outs of wildlife in your habitat.

- Age level:** Junior Girl Scouts  
**Fee:** \$14 per girl  
**Dates:** Saturdays, October 2006–May 2007; 1-3 p.m.  
**Location:** San Diego Natural History Museum, Balboa Park  
**Contact:** For more information or to register, visit [www.sdnhm.org/scouts](http://www.sdnhm.org/scouts) or call (619) 255-0210  
**Other:** A ratio of one adult per eight scouts is required. Each additional adult must pay \$6. Girl Scouts must stay with troop leaders at all times.

## Ballet Arte *Nutcracker* & Workshop

Ballet Arte Academy of Classical Ballet in Solana Beach invites Girl Scouts to attend a dress rehearsal of the classic holiday ballet *The Nutcracker*. Special workshops will be held in January at the ballet studio in conjunction with the performance. Girls will observe part of a typical ballet class, participate in a mini-class of their own, and join in a question-and-answer period with students and the directors of the academy. Junior Girl Scouts will earn the Dance Badge and Brownie Girl Scouts will earn the Dancersize Try It by attending the performance and workshops.

- Age Level:** Brownie and Junior Girl Scouts  
**Date:** *Nutcracker*: Friday, December 15  
**Time:** 6:30 p.m.  
**Place:** David and Dorothea Garfield Theatre, 4126 Executive Drive, La Jolla  
**Fee:** \$5 per person  
**Deadline:** Friday, December 1  
**Contact:** Ballet Arte Academy at (858) 259-5505  
**Other:** Reservations required

### Workshops:

- Level:** Brownie Girl Scouts  
**Date:** Saturday, January 13th  
**Time:** Noon-1:45 p.m.  
**Place:** Ballet Arte Academy, 742 Genevieve Street, Suite R, Solana Beach  
**Fee:** \$8 per person

- Level:** Junior Girl Scouts  
**Date:** Saturday, January 20  
**Time:** Noon-1:45 p.m.  
**Place:** Ballet Arte Academy  
**Fee:** \$8 per person  
**Contact:** Ballet Arte at (858) 259-5505  
**Other:** Reservations are required

Make checks payable and mail with registration and self-addressed, stamped envelope to Ballet Arte Academy of Classical Ballet, c/o Sara Viale, 742 Genevieve Street, Suite R, Solana Beach, CA 92075.

## Brownie Try-It Making Music

Calling all Brownie Girl Scouts! Girl Scout Troop 1602 is looking for girls that love to move to music and enjoy singing. In this fun, fast-paced workshop, girls dance to action songs and learn the different sounds made by melody glasses. Workshop meets the requirements for the Making Music Try-It.

- Age level:** Brownie Girl Scouts  
**Fee:** \$20 per girl; includes snack and Try-It  
**Dates:** Sunday, December 3, 2006, or Sunday, February 4, 2007  
**Times:** 12:30-3:05 p.m. or 3:30-6 p.m.  
**Location:** Balboa Service Center  
Florence Burnham Hall  
**Contact:** Julie Graessle at [jgraessle@san.rr.com](mailto:jgraessle@san.rr.com)  
**Other:** Send troop check payable to Girl Scout Troop 1602, c/o Julie Graessle, 12612 Caminito Radiante, San Diego, CA 92130. Include name, address, phone number, e-mail, troop number, and number of girls attending. Confirmation via e-mail. Reservations are first-paid, first-reserved.

## Pinery Pumpkin Patch Tours

Make your group reservation today for a pumpkin patch tour, pumpkin picking, and visit with the farm animals.

- Age level:** All  
**Fee:** \$6.50 per girl (adults are free)  
**Dates:** Sundays, October 1-31  
**Location:** Chose from any of our four locations: Rancho Bernardo, Bonita, National City or Mission Valley  
**Contact:** Linda at (858) 566-7466

## "Peter and the Wolf" presented by Classics for Kids

*Classics for Kids* presents Prokofiev's famous "Peter and Wolf" and Bruce Adolphe's "Marita and Her Heart's Desire" in a professional orchestra concert featuring animals and their musical counterparts. This beastly concert pairs tales with tails and special furry guests from City Ballet of San Diego. Following the concert, Conductor Dana Mambourg Zimbric discusses being a woman conductor. Concert preparation information (composer background and concert specifics) is available to participating troops.

Age level: 3-12 years  
 Fee: \$10 per ticket, special Girl Scout pricing. (Regular price \$17-\$24)  
 Date: Sunday, November 19, at noon  
 Location: Joan B. Kroc Theatre, 6611 University Ave., San Diego 92115  
 Contact: Program Specialist Rea de la Cruz at (619) 610-0739 or [rdelacruz@girlscoutssdi.org](mailto:rdelacruz@girlscoutssdi.org)

Program links:  
 Brownie Girl Scouts – Making Music Try-It;  
 Sounds of Music Try-It  
 Junior Girl Scouts – Making Music Badge,  
 Music Fan Badge  
 Cadette and Senior Girl Scouts – The Performing Arts IP; On a High Note IP

## Dinner at Our House Program

The Ronald McDonald House San Diego provides temporary lodging for families of children with cancer, leukemia, and other serious illnesses. They depend on the community to help support their efforts and provide families a home-cooked meal. Dinners are offered seven days a week, Monday-Saturday, 6-7:30 p.m.; and Sundays 12-2 p.m. Girl Scouts are invited to help maintain the "Home Away from Home" atmosphere by sponsoring a dinner at the Ronald McDonald House San Diego. Don't have time to sponsor a full meal? How about stopping by to bake some cookies? Please call to reserve a date.

Age level: 8 years and older with an adult  
 Location: 3101 Berger Avenue  
 San Diego, CA 92123  
 Contact: Gabi Rivers at (858) 292-7413

## Opportunities at the Escondido Humane Society

Girl Scouts of all ages can take a behind-the-scenes tour of the Escondido Humane Society and meet many common and not-so-common animals. Visit the barnyard to feed and pet the horses, goats, cows, and other farm animals. See the exotic snakes, birds, and reptiles. Cuddle a puppy or a kitten. If you love animals and want to learn how to be a better pet owner, you'll appreciate this visit to an animal shelter.

The 1½ hour tour covers many of the requirements for a Brownie Try-it and Junior Pet Care Badge. Reservations required.

Age level: All  
 Dates/time: Varied  
 Cost: \$50 for up to 10 girls and \$5 each for 10 or more

### Pet First Aid Class

The Escondido Humane Society, in conjunction with the American Safety and Health Institute, is excited to offer a course to Girl Scouts and their parents in first aid for pets. This three and a half hour class is a must for all who want to learn what to do if their pet is unexpectedly hurt or sick. Course contents include how to protect your pet from injury and what to do if your pet is choking, not breathing, bleeding, or has possible broken bones. It also covers treatment for shock, poisoning, snakebites, sudden illnesses including carsickness, and heat and cold emergencies.

Age level: 8 years and up  
 Date: Saturday, October 7  
 Time: 1-4:30 p.m.  
 Cost: \$40 girl or parent

Reservations are required for the class and tours. Please call Director of Education Ina Shookhoff for more information or to register at (760) 888-2261.

## Lead-A-Hike

It's free! It's fun! It's in Ramona! Come on out to Dos Picos County Park and learn to lead a hike. This two-hour program helps girls develop their leadership skills by learning what is required to create and lead a hike for their peers and younger Girl Scouts. Participation

in this activity can meet some requirements for badges such as: Lead On, Earth Connections, Plants and Animals, Your Outdoor Surroundings and Computer Fun. Cadettes and Seniors will be able to apply this program toward the Backpacking, Orienteering and Outdoor Survival IPs.

**Age level:** Junior-Senior Girl Scouts  
**Fee:** Free  
**Date:** Ongoing, please call to set up an appointment  
**Location:** Dos Picos County Park, Ramona  
**Contact:** Ranger Kyle at (760) 789-2220

## Frog's Fitness Offers Workshops

Frog's Fitness Encinitas offers workshops for Girl Scouts. Brownie workshops complete the requirements for Dancercise, Girl Sports, and Let's Pretend Try-Its. Junior workshops complete the requirements for Adventure Sports, Court Sports, A Healthier You, Food Power, Fun and Fit, Sports Sampler, Dance, and Theater Badges.

Frog's Fitness customizes workouts to accommodate your needs with their 33-foot climbing wall, sand volleyball court, hip hop, musical theatre classes, kickboxing, yoga, cheer, aerobics, weight training, nutrition, and more!

**Age level:** 5 years and up  
**Fee:** \$7 a girl with \$35 minimum  
**Dates:** By appointment  
**Location:** 780 Garden View Court, Encinitas, 92024  
**Contact:** Youth Fitness Manager Kim Seiber at (760) 942-3000

## Mad Science Workshops

Mad Science offers exciting, hands-on workshops to help girls explore the wonders of science at a location you choose.

**Age level:** Brownie and Junior Girl Scouts  
**Fee:** \$8.50 per girl with a minimum of 15 per class. (Advance payment is required.) Troops may be combined.  
**Length:** 90 minutes  
**Contact:** Mad Science at (858) 505-4880 or mail@madsciencessd.com

**Brownie workshops:** Building Art, Movers, Science Wonders, and Space Explorer. These workshops meet the requirements of the respective Try-It (not included in the cost).

**Junior workshops:** Aerospace, Rocks Rock Badge Science Sleuth and Water Wonders. These workshops meet the requirements of the respective badge (not included in the cost).

## Etiquette! Manners! Fun!

The Ryan Group, Inc./Manners International offers an exciting season of etiquette and dance workshops! Registration is on a first-come, first-served basis with space for approximately 30 girls per session at \$6 per girl. Adults do not pay. Manners International is also willing to travel to your location; provided the venue meets the space requirements and the attendees meet the minimum attendance requirements. For more information or to register for a workshop, please call (760) 202-0033 ext. 17 or online at: [MannersInternational.com/GirlScoutPrograms.asp](http://MannersInternational.com/GirlScoutPrograms.asp)

### Daisy Girl Scouts

**Being A Friend:** Etiquette and manners for everyday, parties, telephone, introductions, and smiling faces. November 29, 2006, 3:30-4:30 p.m., Balboa, Cabin II. January 30, 2007, 3:30-4:30p.m., North Coastal Center

### Brownie Girl Scouts

**Manners:** Learning to respect others at home, school, and on the playground; table manners; table setting. Fulfills requirements for the Manners Try-It. October 26, 2006, 4:30-6 p.m., Balboa, Cabin II. November 29, 2006, 5-6:30 p.m., Balboa, Cabin II. December 6, 2006, 4:30-6 p.m., Escondido. January 30, 2007, 5-6:30 p.m., North Coastal Center. February 13, 2007, 4:30-6 p.m., Escondido

**Fun with Dance:** Develop healthy bodies incorporating dance, creative play and exercise while meeting Dancercise Try-It requirements, and have a fun experience with Aerobics, Creative Expression and Performing Arts. December 6, 6:15-7:45 p.m., Escondido

### Junior Girl Scouts

**Self-Expression:** Making a good first impression, beginning communication skills. October 26, 6:15-7:45 p.m., Balboa, Cabin II

**Move!** Experience the energy of movement through dance and music from classical ballet to hip-hop! Learn dance steps, choreography and about the influence of music while participating in a self-expression dance routine. Meets the requirements for Junior Girl Scouts Dance Badge. February 13, 2007, 6:15-7:45 p.m., Escondido





## New Arrivals

**Girl Scout embroidered fleece jacket**  
Tremendous all-season, triple-layer weather system that allows for incredible performance. 100% polyester micro bonded fleece. Available colors: moss and black. **\$45.**

**Girl Scout embroidered short sleeve polo**  
100% cotton pique sport shirt. Three button placket with pearlized buttons. Ribbed cuffs. Double-needle stitching. Available colors: dill and stone. **\$25.**



## Girl Scout Starter Kit

Receive a \$2 coupon for your next purchase.

### Kits include:

- vest
- flag
- council ID strips
- insignia tab

Available in all council stores through October

## Save Time, Shop On-Line



Quick and easy service at  
[www.girlscoutssdi.org/shop](http://www.girlscoutssdi.org/shop)

## Return and Exchange Policy

Effective September 5, 2006

Merchandise will be accepted for exchange or refund within 60 days if accompanied by a receipt and in its original packaging. All refunds will be processed in the original form of payment. Cash refunds are subject to store funds availability and may be paid via mail as a council check. We are happy to offer and exchange for in-store credit without the original sales receipt. ALL SALE AND DISCONTINUED MERCHANDISE IS FINAL.



Girl Scouts

Girl Scouts, San Diego-Imperial Council, Inc.  
1231 Upas Street  
San Diego, CA 92103-5199  
[www.girlscoutssdi.org](http://www.girlscoutssdi.org)

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